

Year 7 PE

Timing	Key Question/s	Knowledge	Assessing Understanding
Autumn / Spring	- Can you select and apply a basic range of passing and receiving skills in hockey in a small sided game? - Can you select and apply a basic range of passing and receiving skills in Netball in a small sided game? - Can you perform the basic range of gymnastic movements and apply within a short sequence?	Hockey: - Grip and stance in holding a hockey stick - Dribbling – stick control and reverse stick - Push Passing - Receiving and trapping a moving ball - Roll Out/ Lateral Drag - Application of skills in small sided games. - Knowledge & Understanding of the Rules of Hockey Netball: - Footwork (Pivot and Landing Foot) 3 types of pass (Chest, Shoulder and overhead) - Basic marking and evading skills. - Application of skills in small sided games. - Knowledge & Understanding of the Rules of Netball Gymnastics: - Body tension and Extension - Rolls & Turns - Jumps & Leaps - The Foundation Shapes - Travel - Creating a sequence Football: - Dribbling and turning - Passing development - short passing	Knowledge & Understanding: - Students are expected to develop a range of knowledge & understanding on the areas listed opposite. These include the ability to: - Acquire & develop core technical physical skills - Select & apply appropriate technical & tactical skills into match play - Make appropriate decisions in competitive situations regarding application of rules & terminology of the sports - Be able to provide constructive and appropriate feedback on their own or another's' performance. Skills: - Students will be expected to develop numeracy, literacy & teamwork skills in relation to the knowledge & understanding they develop, as well as: - Scoring systems in the sport they are studying - Key terminology used within a sport - Awareness of the physical fitness levels required to benefit performance within a sport - Understand loss/win situations and develop resilience & cooperation within a variety of competitive situations - Students will also be able to apply theoretical knowledge to physical performance such as how muscles work etc.

	Can you select and apply a basic range of passing and receiving skills in Football in a small sided game?	- Attacking strategies - movement off the ball - Defending strategies - jockeying and tackles - Application of skills in small sided games. - Knowledge & Understanding of the Rules of Football	Assessment Point Information: - At the end of each half term, students are awarded a grade for each activity they participate in. For each assessment point, students will receive one amalgamated grade based on the average grade awarded for each activity. - Students are assessed on: - Performance of skills and techniques in isolation/unopposed situations - Application of skills, techniques and decision making under pressure during a conditioned match/competitive situation
Autumn / Spring	- Do you understand the four founding principles behind all Dances? - Can you select and apply the three basic passing shots in Volleyball and apply in a small sided situation?	Dance: - Learn a set Motif using the theme from Bollywood which includes the principles of: - Actions - Space - Dynamics - Relationships - Motif Creation Volleyball: - Set - Dig - Serve - Application of skills in small sided games. - Knowledge & Understanding of the Rules of Volleyball	Knowledge & Understanding: - Students are expected to develop a range of knowledge & understanding on the areas listed opposite. These include the ability to: - Acquire & develop core technical physical skills - Select & apply appropriate technical & tactical skills into match play - Make appropriate decisions in competitive situations regarding application of rules & terminology of the sports - Be able to provide constructive and appropriate feedback on their own or another's' performance. Skills: - Students will be expected to develop numeracy, literacy & teamwork skills in relation to the knowledge & understanding they develop, as well as:

	• Can you select and apply a basic range of passing and receiving skills in a small sided basketball game? • Can you select and apply the forehand and backhand skills within match play in badminton?	Basketball: • Dribbling and pivoting • Passing and catching • Attacking strategies • Shooting technique - grip, stance and follow through • Shooting technique - lay up • Knowledge and understanding of the rules of basketball Badminton: • Grip, ready position • Serving • Forehand • Backhand • Drop Shot • Tactics • Knowledge and understanding of the rules of badminton	• Scoring systems in the sport they are studying • Key terminology used within a sport • Awareness of the physical fitness levels required to benefit performance within a sport • Understand loss/win situations and develop resilience & cooperation within a variety of competitive situations • Students will also be able to apply theoretical knowledge to physical performance such as how muscles work etc. Assessment Point Information: • At the end of each half term, students are awarded a grade for each activity they participate in. For each assessment point, students will receive one amalgamated grade based on the average grade awarded for each activity. • Students are assessed on: - Performance of skills and techniques in isolation/unopposed situations - Application of skills, techniques and decision making under pressure during a conditioned match/competitive situation
Summer	• Can you perform advanced strokes in a rally to develop into a competitive points system?	Tennis: • Ball control: grip and ready position • Forehand • Backhand • Rally development • Serve • Match play	Knowledge & Understanding: • Students are expected to develop a range of knowledge & understanding on the areas listed opposite. These include the ability to: • Acquire & develop core technical physical skills • Select & apply appropriate technical & tactical skills into match play

	• Can you select and apply an advanced range of skills which are involved with athletic events? • Can you select and apply advanced striking and fielding positions within a small sided game of cricket?	Athletics: • Throwing events - shot put, discus, javelin • Jumping events - high jump (scissor kick/fosbury flop), triple jump, long jump • Track events - 100m, 200m, 800m and relay Cricket: • Throwing: underarm and overarm • Bowling and bowling progressions • Batting stance & grip • Batting Development • Adapted Games • Understanding of the rules and scoring of cricket.	• Make appropriate decisions in competitive situations regarding application of rules & terminology of the sports • Be able to provide constructive and appropriate feedback on their own or another's' performance. Skills: • Students will be expected to develop numeracy, literacy & teamwork skills in relation to the knowledge & understanding they develop, as well as: • Scoring systems in the sport they are studying • Key terminology used within a sport • Awareness of the physical fitness levels required to benefit performance within a sport • Understand loss/win situations and develop resilience & cooperation within a variety of competitive situations • Students will also be able to apply theoretical knowledge to physical performance such as how muscles work etc. Assessment Point Information: • At the end of each half term, students are awarded a grade for each activity they participate in. For each assessment point, students will receive one amalgamated grade based on the average grade awarded for each activity. • Students are assessed on: - Performance of skills and techniques in isolation/unopposed situations
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